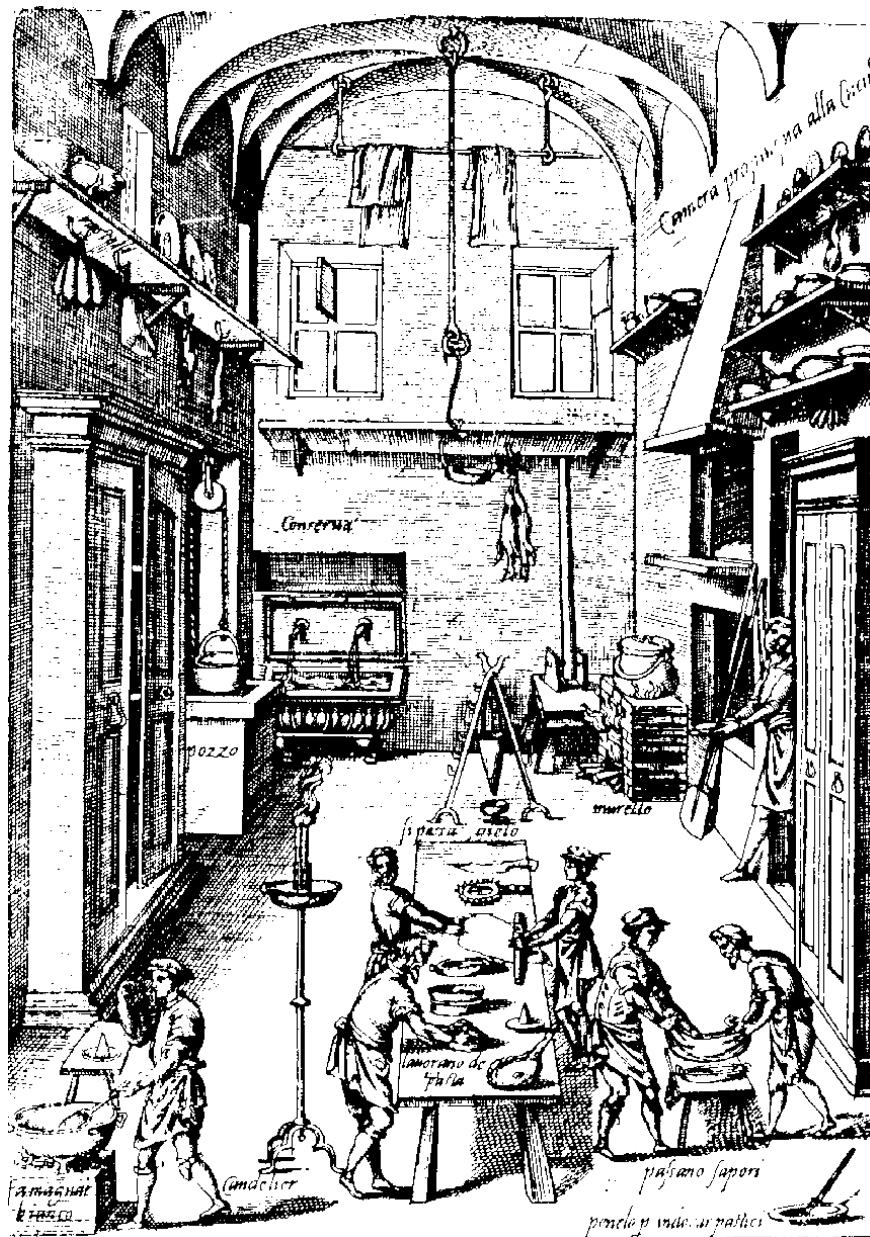


Renaissance Soup Book & More





Introduction

The world of the Renaissance kitchen is a very complex, unique and interesting subject. It is still a thoroughly studied subject. You would be quite amazed by the dishes that were prepared at the time, although only the upper class were able to afford grand luxurious kitchens with a large workforce of servants to attend it. It is quite remarkable the dishes that the Renaissance people were able to prepare with the tools that they had available at the time. In today's world our technology allows us to do in our kitchen what would take ten servants to do back then. Lower class commoners mainly depended on a diet of bread and stews so studying their dishes is not as interesting a subject as the luxurious cuisine of the upper class.

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In Italy, where the Renaissance began, kitchens were mostly not a separate building; the kitchen was part the house. In an average Renaissance kitchen (upper class) you would find: spacious rooms with very tall ceilings, shelving high up on the walls, lots of open space, some form of sink, little furniture other than simple (but large and heavy) worktables and large chopping blocks, and a bare floor. The large kitchens called for a high degree of organization. Many roles needed to be filled by the servants that worked in these kitchens:

- Attending the spit in which they roasted meats.
 - Simmering sauces.
 - Being in charge of all the pots.
- Cleaning the dishes was very important and was done continuously.
 - Porters, carried the dishes to the table.
 - Servants served wine and water at the table.
- Someone was in charge of carrying the wood to be used in the stove.

Some of the tools that were most used were:

- Knives (to carve, chop meat and vegetables, mince stuffings for meatballs and pies)
- Mortar & pestle (to grind spices, herbs, nuts, bread crumbs, vegetables and meat)
- Strainer, sieve, colander (to filter liquid or foods ground with the mortar and pestle)
 - Pots (To simmer sauces and make a variety of stews and SOUPS!)
 - Long handed frying pans (Frying eggs, fish and other fried foods)
 - Metal grids (For broiling, grilling)

Pottage of pork

Servings

8-10

Ingredients

2 lbs boneless pork roast
Approx 1 quart apple cider
4 whole cloves
20 peppercorns
1/2 tsp sage
1/4 to 12 cup raisins

Procedure

Brown pork in pot. Pout in enough cider to cover, add spices, bring to boil, turn heat down to medium/simmer, cover, let simmer for 1 hr.

If this is a boar's head, after simmering, heat over to 450, remove boar's head from liquid, and place in over uncovered for 20 to 30 minutes to brown.

Beef Soup with Ginger Beer base

Servings

15-20

Ingredients

1 gallon water (at least 1/2 from parboiling mushrooms)
2.5 lb beef, cubed
4 to 6 small onions
4 to 6 carrots, chopped
1 handful parsley, chopped
36 oz beer
10 beef bullion cubes
1 bay leaf
20 peppercorns
ginger and balsamic vinegar to taste

Procedure

Put all ingredients except beer, ginger and balsamic vinegar in pot, bring to boil. Lower heat, add beer. Simmer for 30 minutes, add ginger and balsamic vinegar. Simmer for 30 more minutes to 3 hours. Serve.

Mirause of Catalonia

Servings

7-10

Ingredients

3 1/4 lb chicken

3/4 c roasted almonds, chopped fine

1/4 c breadcrumbs

"Juice": juice from roasting + 10.5 oz can concentrated chicken broth

1 T vinegar

1/2 t cinnamon

1/2 t ginger

1 T sugar

Procedure

Preheat oven to 450deg. . Put in chicken, reduce temperature to 350deg. , bake about 45 minutes. Mix chopped almonds, breadcrumbs, vinegar, and a little of the chicken broth and run through a food processor until smooth (or squish through a strainer, grind the residue with a mortar and pestle, and then put it through the strainer). Cut up chicken into large pieces, put in pot with sauce, spices, sugar, and the rest of the chicken broth and cook about 15 minutes, stirring almost constantly.

Fried Gourd

Servings

10-15

Ingredients

about 3 lbs gourd

2 t salt

1 c flour

enough oil to fry

Procedure

Scrape off the skin from the gourd and cut it sideways in thin slices. When it is boiled once transfer it from the pot onto the board and leave it there till it has dried out a little.

Then roll it in salt and good white flour and fry it in oil; when it is done and put on a platter, pour a garlic sauce over it, with fennel blossoms and breadcrumbs so dissolved in verjuice that it looks thin rather than thick. It would not be amiss to pass this sauce through a strainer. There are those, too, who use only verjuice and fennel bloom. If you like saffron, add saffron.

Gourd in Juice

Servings

5-10

Ingredients

2 3/4 lb squash
1/2-3/4 lb onions
1/2 c rich juice: canned beef or chicken broth
verjuice: 4 Tbs verjuice or 2 Tbs wine vinegar
7 threads saffron
5 oz cheddar cheese
2 egg yolks
spices (cinnamon, ginger or nutmeg)

Procedure

Peel squash, remove seeds, slice; coarsely chop onions. Cook 10 minutes in water to cover. Drain and mash. Mix broth, vinegar, and saffron and add mashed squash. Heat, then add egg yolks and cheese. Sprinkle with one of the spices: cinnamon was considered best.

CREDITS

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<http://www.pbm.com/~lindahl/food-art/>

<http://www.katjaorlova.com/MedievalKitchenEquipment.htm>